DOCUMENT RESUME

ED 382 304 PS 022 886

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TITLE Relaxation for Children. (Revised and Expanded Edition).
INSTITUTION Australian Council for Educational Research, Hawthorn.
REPORT NO ISBN-0-86431-148-6
PUB DATE 94
NOTE 147p.
AVAILABLE FROM Australian Council for Educational Research, Ltd., 19 Prospect Hill Road, Camberwell, Melbourne, Victoria 3124, Australia ($26.95, Australian).
PUB TYPE Books (010) -- Guides - Classroom Use - Teaching Guides (For Teacher) (052)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Biofeedback; *Children; Class Activities; Coping; Foreign Countries; *Meditation; *Relaxation Training; *Stress Management; Teacher Role
IDENTIFIERS Australia

ABSTRACT

Intended as a guide to reduce negative stress in children, this book suggests relaxation and meditation techniques to help children cope with stressful events. Part 1 provides an introduction to the format of the book. Part 2 contains summaries of the 10 sessions that make up the program. Each session has six sequential stages in which students work at their own pace so that they will become familiar with and confident in understanding and using new skills: joining together, review time, instruction time, practical activities, quiet time, and reflection time. Part 3 includes activities such as stretching exercises, loosening-up routines, breathing exercises, and guided imagery exercises. Part 4 suggests ways parents can help their child relax, including simple home activities. Part 5 includes instructions for a parent information workshop, notes for parents, suggestions for further reading and music, masters for overhead transparencies, student workbook, and certificate. (DR)

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